

# September *monthly* Newsletter

## Monthly Observances

- Suicide Prevention Month
- Hispanic Heritage Month (Sep. 15th - Oct 15th)

## This Month at Revive 2 Thrive Wellness center

The Counseling Intern/Student Group will continue to meet this month on the 2nd and 4th Monday of the month.

Introducing our new team members! Visit Page 2 for more info.

**Need a Grounding Exercise? Try This!**

5 things you can see  
4 things you can touch  
3 things you can hear  
2 things you can smell  
1 thing you can taste



**Autumn Lee,**  
Counseling Student  
On-Site Supervision  
Provided by  
Kimberly Parker, LPC,  
LCDC



**Kylie Fyfe,**  
LPC Associate  
Supervised by  
Robin Barr, M.Ed.,  
LPC-S

Remember! Check our social media pages for more details or information and more content!



@revive2thrivewellnesscenter



Revive to Thrive Wellness Center

# New Members!



## **Autumn Lee**

Counseling Student of Texas

Tech University

On-Site Supervision Provided by

Kimberly Parker, LPC, LCDC

### **Serving the Needs of:**

- Adults

### **Developing Specializations:**

- Veterans
- Elderly
- Caregivers
- Anger Management
- Depression
- Life Transitions

### **Serving the Needs of:**

- Adolescents

### **Specializations:**

- School-related issues
- Anxiety
- Depression
- Trauma
- Parenting Skills
- Solution Focused Therapy



## **Kylie Fyfe**

**LPC Associate**

Supervised by Robin Barr,

M.Ed., LPC-S

# Suicide Prevention Month

## **ASK** about Suicide

**A**sk about suicide

**S**eek more  
information and  
keep them safe

**K**now where and  
how to refer

## **Risk Factors:**

- **Social Isolation**
- **Poor parent-child relationship**
- **Neighborhood poverty**
- **Poor behavioral control or impulsiveness**

**You can find this information and details about more resources about Suicide Prevention by visiting Texas Suicide Prevention Collaborative website or visiting the SPAM tab on NAMI's website**

